



Marinated Shell Beans with Roasted Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound cherry tomatoes
- ☐ 0.5 cup flat parsley chopped
- ☐ 1 tablespoon kosher salt plus more for tomatoes
- ☐ 0.5 cup lemon vinaigrette
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup oregano fresh chopped

Equipment

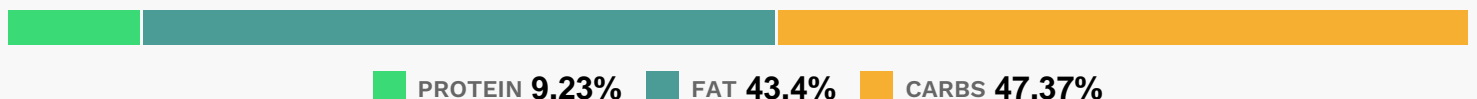
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ pot

Directions

- ☐ Put each type of bean in a separate saucepan and cover by 2 inches with water. Bring the water to a boil over high heat, add 1 tablespoon salt to each pot and reduce the heat to a simmer. Cook until the beans are tender, but are not so soft as to be mushy. Between 20 and 45 minutes.
- ☐ Add more water while cooking if necessary. Each type of bean will require a different cooking time so monitor them closely. When cooked turn the heat off and let the beans cool completely in the water. Meanwhile. Adjust oven rack to the center position, then preheat to 300 degrees F. In a medium bowl, roll the tomatoes in 1 tablespoon of olive oil and a big pinch of salt.
- ☐ Place a wire rack onto a baking sheet and spread the tomatoes out onto the wire rack in a single layer.
- ☐ Place in the oven and roast until the skins are shriveled but they are still plump and moist, about 1 hour and 15 minutes.
- ☐ Remove from oven and let the tomatoes cool to room temperature.
- ☐ Combine the cooked, cool beans in a large mixing bowl.
- ☐ Add the parsley, oregano and the vinaigrette. Season with salt and pepper, then carefully stir the beans to combine the flavors.
- ☐ Let the beans sit and marinate at least an hour.
- ☐ Transfer to a serving plate, top with roasted tomatoes and more black pepper to taste.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:10.071739227875%

Flavonoids

Eriodictyol: 3.77mg, Eriodictyol: 3.77mg, Eriodictyol: 3.77mg, Eriodictyol: 3.77mg Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 46.46kcal (2.32%), Fat: 2.59g (3.99%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.33g (1.58%), Sugar: 2.45g (2.72%), Cholesterol: 0mg (0%), Sodium: 1174.76mg (51.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin K: 97.96µg (93.29%), Vitamin C: 33.3mg (40.36%), Vitamin A: 828.78IU (16.58%), Manganese: 0.2mg (9.77%), Iron: 1.69mg (9.38%), Fiber: 2.04g (8.16%), Vitamin E: 1.19mg (7.92%), Potassium: 242.35mg (6.92%), Folate: 24.11µg (6.03%), Calcium: 52.49mg (5.25%), Vitamin B6: 0.1mg (4.96%), Copper: 0.08mg (4.21%), Magnesium: 16.15mg (4.04%), Phosphorus: 29.85mg (2.99%), Vitamin B3: 0.58mg (2.89%), Vitamin B1: 0.04mg (2.81%), Vitamin B2: 0.04mg (2.1%), Vitamin B5: 0.17mg (1.7%), Zinc: 0.23mg (1.51%)